

DETROIT NATIVE SUN

Two sides to a coin

By Ma'at Seba
SUN COLUMNIST



Throughout history regardless of the culture, the elders were always sought out for their guidance insights and words of wisdom on matters that concerned and impacted their community. Depending on the cultural norms the elders will consult the spirit realm as

well as draw upon their life's experiences, lessons and wisdom to share with the seeker. They would use stories and allegories to resolve problems and create insights and memorable impressions within the hearts and minds of those looking for answers.

Every problem has a solution however it is up to the seeker to find it. When a person has a problem or challenge typically, they mainly focus on the problem only looking at it from one perspective, the negative side to it. However, just like a coin there is always another side; the positive side. With that being said where is the positive side when there's a tragedy? It is up to the seeker to find the gift within the other side. Let's look at some tragedies and see what the other side of the coin could possibly look like:

1) COVID: many lives were lost during the pandemic, but looking at the other side of the coin, many people sought to become more health conscious and began to work towards building their immune system and changing their dietary lifestyle. During the shutdown, it gave people the time and opportunity to pursue their passions and dreams and to attain what they would dream about while they were on the job. Many new businesses were started during that period of time birthing a wave of potential new millionaires. 2) Death of a loved one: looking at the other side of the coin, it can be an opportunity to build or rebuild family relationships or to become more serious about your health, or

to value the time that you spend with loved ones because no one is promised tomorrow, or to prioritize your life and time and take better selfcare. Or, to create an organization or foundation in the name of your loved one to represent their legacy.

3) Ending of a relationship: looking at the other side of the coin, was that relationship a healthy one? If not, embrace the opportunity to create a healthy one by evaluating the role that you played in it, and/or why you are drawn to a certain type of person. It can be a grand opportunity for self-reflection. What lessons did that relationship teach you so you won't carry any fears, negativity or toxicity into your next relationship? It could be the end of a business/work relationship where you earned that you were not respected or valued and you begin to see and demand your worth.

In the midst of a tragedy it is very difficult to see the potential blessing in a scenario, however if you train yourself to see what positive can be gotten out of any situation, it makes the tragedy easier to cope with. Every painful experience in life gives the hidden gift of a blessing, the challenge is to find it. That won't necessarily make the experience less painful, but it will uncover the possible blessings in it. There is a saying that says: "When one door in life closes another one is opening up but if you keep looking at the closed door you will never see the one that has opened up for you". The door represents a life's tragedy, so instead of focusing so much energy on the tragedy, seek to see the blessing and the lesson in it, and learn to Flip the Coin over because there is always another side.

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Mom on the Rebound

By D. L. Gibson
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The crazy cop balled his fist up to hit one of the fellow officers. Oh no!

Is it going to be a brawl among cops? Officer Sweetie quickly ran up and stepped in between the officers, hoping

to prevent a fight from taking place.

The crazy cop started shouting obscenities at Officer Sweetie and the other cop.

He was determined to get into the house, but Sister Girl's brother was ready and waiting.

He emphasized that the cops aren't the only ones licensed to carry a gun. Because he was an attorney, he knew his rights. He was going to defend his right to a peaceful home, even if it meant beating or shooting an officer.

Officer Sweetie and the other officer tried to escort the crazy cop to the police cruiser. He was refusing to leave. They pulled him by his arms over to the car and told him that he was breaking the law by trying to enter into a property without a warrant.

The crazy cop kept pushing back, refusing to leave. His mind was set on getting into the house and getting pictures and video tapes of his crazy cousin at the gay bar hugged up with a drag queen. He said that his family's name was at stake.

Even though he was hurt, he still tried to get away and limp up to the steps.

Sister Girl's brother was waiting at the top of the steps.

"I dare you to go around me,": he said.

Would the crazy cop finally decide to give up and go back into the car? Oh no....What's this fool up to now?

Mom on the Rebound is based on actual events.

Three ways to take the stress out of holiday hosting



Five key things to do after having a baby

(StatePoint) Becoming a new parent is a joyous occasion, but no matter how many parenting books you've read, nothing can completely prepare you for your baby's arrival. With every pregnancy comes a long to-do list, but here are five tips to review after having a baby.

1. Start building an emergency fund.

Being financially prepared for anything can help protect your growing family. Managing your cash flow and setting aside a specified amount each month for an emergency fund will have your future self thanking you. Whether it ends up being an unplanned doctor's bill or emergency car repairs, you'll be prepared to meet the cost. Use a free online emergency fund calculator to determine what's a good amount of cushion for your situation.

2. Review your life insurance plan.

Although this big, exciting event just happened and the last thing you want to think about is something bad happening, it's always better to be prepared. A set amount of money each month towards a life insurance plan can help your family in a worst-case scenario, providing financial security and the ability for your family to maintain their current lifestyle. Life insurance could pay for daycare to allow the surviving spouse to work, fund your child's education and provide income replacement to help pay off a mortgage. Erie Insurance offers affordable and flexible life insurance plans to make certain you get what you want for your family. Take the time to find out how much insurance you need by visiting ErieInsurance.com/life-insurance/calculator.

Hint: Ask your insurance agent about bundling your home, auto and life insurance - it may be able to save you money.

3. Apply for your baby's Social Security number and birth certificate.

Social Security numbers (SSN) and birth certificates are not automatically generated upon birth. Nurses or the hospital will more than likely offer you the steps to apply for your baby's SSN and to fill out the birth certificate. However, it is important to complete these items promptly to avoid a delay or issues in adding your baby as a dependent on tax forms, health plans and more.

4. Add your baby to your health plan and benefits.

Most insurance plans allow 30 to 60 days to add your new baby to a health plan so that the birth and continued care are covered. Be sure to add your new dependent or the hospital might bill the full amount for your stay. Contacting your health insurance provider is the easiest way to ensure your new dependent is added.

Hint: Before your baby is born, compare health plans to see which insurance plan will cover more birth and postnatal costs.

5. Start saving for college.

It's no secret that student loan debt is out of control. Putting away a set amount of money each month into a secure account can set up your child with a healthy debt-free financial future. If your child chooses to take an alternative path, they can use that money for a down payment on their first home. Be sure to discuss with an accountant the different long-term savings options available.

As new parents, you can provide all the TLC required for your new bundle of joy, but following these five steps will help set up you and your baby for success, no matter what life throws at you.

(StatePoint) The holiday season is one of the best times of the year! Between cooking, cleaning and keeping guests entertained, it can also be pretty demanding on your time and energy.

In fact, during the holiday season, adults are five times more likely to say the level of stress in their life increases rather than decreases, according to the American Psychiatric Institute.

This year, make life easier for yourself with these stress-reducing holiday entertaining tips:

Meal Prep

Getting ahead on meal prep can mean more time spent with friends and family. If you're tasked with serving a big holiday meal, prep the main dishes a day or two ahead of time so you can just pop them into the oven the day of your holiday feast. You can also brine and season turkey, prepare your glaze and score the ham, chop veggies and pre-mix salad dressings the night before. Festive beverages can be batched in advance so guests can easily serve themselves, helping you stay calm and collected during your party. And of course, don't feel shy about asking friends and family to contribute a dish.

Have Dessert Ready

Whether you're throwing a holiday bash or expecting overnight guests, you'll be the host with the most if you have delicious desserts on hand. Fortunately, serving baked goods made with care and quality ingredients is easier than you think! Stick with the classics like Entenmann's - a 125-year-old brand with many delicious options to

choose from. Powdered Pop'ettes will satisfy your guests' sweet cravings, Pop'ems Glazed Donut Holes are great for bite-sized snacking, and Baker's Delights Mini Crumb Cake has a rich and delicious homemade taste. Convenient choices such as these can keep you prepared for the night ahead should the doorbell surprise you with carolers or other visitors. They can also round out a buffet spread, help you end a multi-course feast on a sweet note or simplify breakfast for overnight guests. All you'll need to do is put the coffee on!

Plan a Game Night

If your overnight guests will be spending more than a night or two at your home, you can keep them happy and entertained with some activities that require very little planning but are a lot of fun. For example, you can organize a game night, which is a nice way to maximize your time together. Pick a few games that are well-suited for the size of the crowd and the age of the players. Remember, the best choices for a party are games that inspire conversations, teamwork and creativity. Or plan a movie marathon, picking some holiday themed crowd favorites in advance. You can simplify feeding your guests during these low-key activities by putting out some finger foods like crudité, popcorn, pretzels and donut holes.

With a few tips and strategies, you can ensure holiday entertaining goes as smoothly as possible.